

Group Exercise Schedule

July 5-September 3 (Subject to change)

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
6:00 AM	Zumba® <i>Yolanda</i>	Body Sculpting <i>Yolanda</i>	Spin <i>Kevin</i>	Body Sculpting <i>Yolanda</i>	Spin <i>Kevin</i>			
7:00 AM		Yoga <i>Mira Bai</i>		Yoga <i>Mira Bai</i>		8:15 AM	Zumba® <i>Rose</i>	
8:15 AM		Pilates <i>Lori</i>		Shape It Up <i>Lori</i>		9:15 AM	Abs Gluts Thighs <i>Jeanie</i>	
8:30 AM			Zumba® <i>Rose</i>			10:15 AM	Yoga <i>Elissa</i>	
9:15 AM	Zumba® <i>Rose</i>	Forever Young <i>Lori</i>		Forever Young <i>Lori</i>		11:15 AM	Body Sculpting <i>Yolanda</i>	
9:30 AM			Zumba Gold® <i>Lori/</i> <i>Roxanne</i>		Trim & Tone <i>Lori</i>	<div><div></div><div>= Free to Members</div><div></div><div>= Discounted \$4 for Members, \$8 for Non-Members</div><div></div><div>= Free brought to you by</div><div></div><div></div><div>= Free brought to you by</div><div></div><div>Verde Valley Medical Center Northern Arizona Healthcare</div><div></div><div>= Free brought to you by</div><div></div><div></div><div>= Instructor pricing</div><div>Please sign in at the front desk and get a number for each class.</div><div>Please see class descriptions on reverse side.</div><div></div></div>		
10:30 AM		Silver Sneakers® MSROM <i>Karen</i>			Silver Sneakers® MSROM <i>Karen</i>			
12:00 PM								
3:00PM	ZumbAtomic <i>Roxanne</i> <i>(3:15)</i>			Belly Dancing <i>Shaska</i>				
4:00 PM	Kids Jazz Dance <i>Carla</i>	Kids Kickbox <i>Rich</i>						
5:00 PM	EnerJeanie <i>Jeanie</i>	Yoga <i>Carol/ Sara</i>	EnerJeanie <i>Jeanie</i>	Yoga <i>Elissa</i>	Zumba® <i>Roxanne/</i> <i>Yolanda</i> <i>(5:30pm)</i>			
6:00 PM	Yoga <i>Mira Bai</i>	Zumba® <i>Rose</i>	Yoga <i>Carol/</i> <i>Mira Bai</i>	Zumba® <i>Rose</i>				
7:00 PM	Zumba® <i>Rose</i>	Boot Camp <i>Jeanie</i>	Zumba® <i>Rose</i>	Boot Camp <i>Jeanie</i>				
8:00 PM	Spin <i>Anita</i>		Spin <i>Anita</i>					

150 S. 6th Street
Cottonwood, AZ 86326
928.639.3200
cottonwoodaz.gov/parksrec



Class description

Free to Members

Aerobics “EnerJeanie”- Jeanie Swesey

Fun aerobics class for teens, adults, men and women. Get fit in a high energy class that anyone can step into.

Boot Camp- Jeanie Swesey

Burn lots of calories while working the whole body in a fun and efficient class.

Abs, Gluts & Thighs- Jeannie Swesey

First half hour is a killer abdominal workout. Guys, don't be afraid to try this! Second half hour focuses on legs; outer thigh, inner thigh & gluts. Great for the ladies!

Yoga- Elissa Ballew

Vinyasa Flow style yoga focusing on breath-synchronized movement. Classes are lighthearted, positive and fun. Learn to create balance, strength and flexibility on & off the mat.

Yoga- Carol Oveross

This yoga class is for men and woman of beginner and intermediate levels incorporating deep breathing, gentle stretches and asanas (posture), where all the systems of the body are revitalized with this gentle Hatha Yoga.

Yoga- Mira Bai Fairlight

Hatha Yoga postures that will warm and open the body, encourage internal health, and quiet the mind. This class is suited for beginners and intermediate students with health challenges.

Zumba®- Rose Ortiz

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements.

Zumba®- Yolanda Mier

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Body-Sculpting- Yolanda Mier

A great strength training class that combines flexibility and cardiovascular conditioning to shape and tone the body.

Kids Kickbox- Richard Williams

Basic boxing and kickboxing incorporating stretching working on technique. Work towards a healthy lifestyle while adding self defense. Ages 6-16.

Shape it Up- Lori Maine

A 60-minutes low impact aerobics workout combined with toning using light weights working the entire body.

Zumba® Gold- Roxanne Wessel /Lori Maine

A low impact, Fun Fitness party for the active older adult or those whose special physical needs require moderate intensity.

SilverSneakers® Muscular Strength & Range of Movement

(MSROM)- Karen St.Clair

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

Free to Members

Trim, Tone & Define your Body- Lori Maine

25 minutes of basic aerobic routine for burning fat and building cardiovascular endurance, 20 minutes of full body toning program designed for contoured results using Weights, Bands, Balls, and/or Pilates.

Pilates- Lori Maine

A total body workout to reshape and tone to look longer and leaner by using simple-yet effective techniques. Great for any age or fitness level to increase flexibility, flatten abs and improve your posture.

Kids Zumba®- Roxanne Wessel

The fun, healthy, Zumba for Kids program! Ages 4-12. Comes back in July.

Discounted for Members

(\$4 for members, \$8 for non-members)

Spin- Anita Walden

Try this cardio-intensive work out on a stationary bike. Work on sprinting, power resistance, spinning techniques and stamina.

Spin- Kevin Dix

A low impact fitness activity for people of all ages and fitness levels. Get ready for fun and encouragement.

Yoga- Mira Bai Fairlight

Hatha Yoga postures that will warm and open the body, encourage internal health, and quiet the mind. This class is suited for beginners and students with health challenges.

Forever Young- Lori Maine

A specialized fitness class for older adults consisting of low impact, weight-bearing chair and standing exercises using resistance bands and light weights.

Instructor Pricing

Belly Dancing- Shaska

Learn the Art of Middle Eastern dance to bring out inner feminine beauty and accentuate the body through Moroccan, Egyptian and Turkish styles. \$10 per class

Kids Jazz Dance- Carla

Jazz Dance for children ages 7 to 12. Includes a warm-up, floor exercises and choreography. \$30 per month.

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